



ON THIS MONTHS

AROUND THE COUNTRY

- World AIDS Day | 01
- International Day of People with Disability | 03
- International Human Rights Day | 10
- International Mountain Day | 11
- International Migrants Day | 18
- December Solstice | 21
- Christmas Eve | 24
- Christmas Day | 25
- Boxing Day | 26
- New Year's Eve | 31

SPECIAL DAYS FOR OUR EDUCATORS



- Sae Ra Kang | 16
- Young Sook Kim | 17
- Ja Young Lee | 24



5 MINUTE MOVES

THE AFTER DINNER WALK

Short simple activities to get some active minutes in the day.

Maybe a little more than 5 minutes however, very worthwhile. After dinner is finished for the night take a walk, down your street, to a local park. It doesn't have to be a long walk but getting out into the fresh air while the days are long can be a great way to get some extra movement into your day.

Walking after meals improves overall well-being, help digestion, and reduce blood sugar levels. Doing an activity as a family post meal can also give you a chance to unplug and connect. Why not wait until dark and check out your local Christmas Lights displays.

KIDS IN THE KITCHEN

TROPICAL FRUIT CUPS

PREP 30 mins | **MAKES** about 5-6 servings

INGREDIENTS

- Pineapple, Strawberries, Mangoes
- Mandarin oranges, drained well
- Kiwi, Bananas
- Fresh lime juice



METHOD

1. Set up a station with all the fruit pre-cut and the lime juice ready.
2. Give each child a small bowl.
3. Encourage them to fill their bowl with a mix of their favorite fruits.
4. Once the fruit is added, squeeze a little fresh lime juice over the top to brighten the flavors.
5. Mix the salad gently.
6. The educator can help arrange the fruit if needed and give it a final stir.

TIP: Challenge kids to create a fruit rainbow or make a fun pattern with the different fruits!

This colourful, refreshing fruit salad is a simple and healthy snack that kids will love to assemble themselves!

COMMUNITY EVENTS



- **Illuminate the Hills 2024** – Thursday, 28 November 2024 to Thursday, 2 January 2025 | 7:30pm
Free | Queen Elizabeth II Memorial Rose Garden, Roxborough Park Rd, Baulkham Hills, 2153

The glittering garden will be lit with thousands of twinkling fairy lights, lined with magnificent Christmas installations and adorned with a dazzling nativity scene. Join Mayor of The Hills Shire, Dr Michelle Byrne on opening night to watch the lights get switched on and enjoy free coffee, ice cream and sausage sizzle. There will also be traditional Christmas carols and a visit from Santa and Mrs Claus.

- **Santa Paws 2024** – Sunday, 08 December 2024 | 5.00pm to 8.00pm
Free | Dan Mahoney Reserve 75 Gladstone St, North Parramatta NSW 2151

All the good doggos of Parramatta are on their bestest behaviour, grooming appointments have been booked, and local fur friends are getting ready to look pawfect for their photo with Santa. All local dogs and their human companions are invited to Dan Mahoney to catch up with their puppy pals and take part in festive fun. City of Parramatta will have treats and toys for good dogs, and there will be prize raffles for more dog goodies.

- **Cinema in the Park | The Santa Clause** – Saturday, 07 December 2024 | 06:00 pm
Free | Fontenoy Park, Fontenoy Road, Macquarie Park, 2113

Get ready for the festive season by joining us for a free Christmas movie at Fontenoy Park, Macquarie Park. Bring your picnic rug or low-lying chair to watch "The Santa Clause" with your loved ones to get into the Christmas spirit. You are welcome to come down from 6pm with the movie starting at sundown (approx. 8.00pm). Treat yourself to a delicious ice cream or the food options available.

- **Family Christmas Fair** – Friday, 06 December 2024 | 4:00pm to 6:30pm
Central Gardens Nature Reserve – Corner of Cumberland Highway and Merrylands Road, Merrylands West

Bookings for a Santa family photo are sold out! Walk-ins on the day are unavailable

Free Activities

Balloon Twisting, Children's Stage Show, Face Painting, Hair Braiding, Ornament Decorating, Soft Play for Children 0 to 4 Years, Temporary Glitter Tattoo

Food Available for Purchase

Chip on a Stick, Coffee and Cold Beverages, Gozleme, Fairy Floss, Ice Cream and Slushies



SUSTAINABILITY CORNER

REDUCE, REUSE, RECYCLING CHRISTMAS

This year don't buy wrapping paper or Christmas cards make your own or better yet use art already created.

Collect your kids drawings and paintings – After your child's art has spent its time on the fridge, tuck it away ready to be used as wrapping paper or as apart of a Christmas card. Family friends and family will love receiving gifts and cards created with love.

If you do have to buy cards or wrapping paper – Choose cards and paper not wrapped in plastic. Check that items you are buying are made of recycled materials. You could even try sending e-cards this year.

D-eco-rations – Many of us reuse our decorations year after year already but if you are planning on buying new ones this year why not try making some instead. Turn off your lights at night and try to use LED ones instead.

Presents – Take a look around your home. How many things do you already have? Do you really need more stuff? Maybe instead of buying more things this year, you could try an 'experience' Christmas. Like, a trip out to a theme park with a friend. Or a surfing lesson! You can also ask your family to get all their gifts at online eco-stores this year!

FEEDBACK IS ALWAYS WELCOME

POLARIS FAMILY DAY CARE

info@polarisfamilydaycare.com.au
02) 9008 2270

